



# Miscellaneous Interventions

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# Safety

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- Safety skills might be too abstract for individuals with DD.
- Backgammon – Insoo Kim Berg
- Helps to talk about safety repeatedly without being intrusive.
- Can teach self-protection & help understand interactions with strangers.



# Role Playing

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- Role playing with clients can be very helpful and this is especially true for those with developmental disabilities.
- As with interventions, role playing must allow for a lot of repetitions.
- This also works well in groups as others can sometimes be helpful in thinking of appropriate alternatives. Also, this helps with generalizing the information.



# Feelings Diary

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- Some therapists recommend expression of feelings and development of new coping skills prior to addressing specific issues.
- However, the individual and the therapist may not have the same understanding of the feeling. Thus, the feelings diary may be helpful.



# Feelings Diary

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One way to develop an understanding of feelings is to have the individual practice discussing and reflecting on their emotions.

- This can be accomplished by having the individual use a blank book and make a daily entry of how they felt that day.
- This is an easy task to use either written information or have a picture drawn. Clients can also cut pictures that describe their day out of a magazine as well.



# Drawing Pictures

Picture drawing is a form of expression that does not involve sophisticated language skills. Thus, for those clients less verbal, it can provide a basis for discussion and give insight into the world of the client.

- Possible topics for drawing include:
  - What they do well
  - Favorite places, family, friends, etc.
  - What is important to them
  - When things are “OK” in their life
  - When a “miracle” happens



# Drawing Cartoons

Cartoons have appealed to individuals of all ages. They are also a technique that those who prefer to work nonverbal or unable to express their emotions in words.

- This technique involves 6 steps:
  - 1) Given the client a sheet of construction paper, draw a line across half of the sheet and divide into six panels blocks.
  - 2) Ask the client to draw in the first panel in the top, a picture of the problem.



# Drawing Cartoons – Con't

- 3) Ask the client to think of a mighty figure or hero such as Robin Hood or Batman – who will make the problem disappear, and draw it in the second panel block.
- 4) Ask the client to dream a little dream and think of a good present to offer to the problem so that the problem does not bother anyone anymore. Ask the child to draw the picture of the perfect present in the third panel on the top row.
- 5) Ask the client to draw the situation after the problem has accepted the present and the exception has become true. This goes in the first panel on the bottom.





# Drawing Cartoons – Con't

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- 6) Ask the client to have another little dream and imagine a future time when it may be necessary to call this helper again. Then ask the client to draw that situation in the second panel in the bottom half.
- 7) Ask the client to thank the helper by drawing a little sign of thanks. This fills the last empty panel on the bottom row.



# Letter From the Future

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- A technique recommended by Yvonne Dolan that encourages individuals to pick a time in the future (5 – 20 years) and date the top of the letter with the imaginary future date.
- Write to a friend or supportive person.



# Letter From the Future

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- The purpose of the letter is to encourage the person to imagine that they have resolved or found a satisfying way to cope with whatever problems are troubling them.
- Clients are told that they are living a wonderful, joyous, satisfying life and are encouraged to describe what they are doing, etc.



# Abuse Victim

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- Assign the consumer a letting-go exercise in which a symbol of the abuse is disposed of or destroyed. This can then be processed.